

## Volunteer Opportunities: A Way to Give Back and Stay Connected

**Monday, Oct 25, 7 p.m.**

Volunteering is a great way to network and make a difference in your life and someone else's. Learn about opportunities to volunteer in your community from:



- ⇒ Karen Futoma – Newington Human Services
- ⇒ Mary Roche – Jefferson House
- ⇒ Mae Ryan – Leadership Greater Hartford
- ⇒ Natalie Harbeson – Friends of the Lucy Robbins Welles Library.

## Applying for State of Connecticut Jobs

**Monday, November 8, 7 p.m.**



Francine Dew and Susan Pawloski-Burke from the Connecticut Department of Administrative Services will present an overview of the State of Connecticut hiring process, covering everything from the selection to the hiring process.

Registration is required for all programs. Call the library Adult Information Desk at 860-665-8700.

*Programs sponsored by the Friends of the Library*

## Breaking into the High-Tech Workforce

**Monday, November 22, 7 p.m.**

Matt Ruminski from *CTWorks*, of *Capital Workforce Partners* will give an introduction to high demand careers in science, technology, engineering and math. Participants will be introduced to the wide variety of careers in these fields. In addition, participants will become acquainted with the training and services available to help them obtain or enhance the skills they need to enter the high-tech workforce.



## Your "True" Identity

**Monday, December 6, 7 p.m.**

Many Americans identify themselves based on their jobs. But is that an accurate statement? And, if you are unemployed, what does that do to your sense of identity? Pastor Joel Rissinger will look at the question of identity and how it must first be based on factors other than career. Then, he will look at how those factors can help direct or redirect your career path in the future.



95 Cedar Street, Newington, Connecticut 06111-2645  
**Voice: 860-665-8700 Fax 860-667-1255**  
<http://www.newingtonct.gov/library>

# Looking for a Job?

**Check out these  
free programs  
and events  
at the**

***Lucy Robbins Welles*  
LIBRARY**



See inside for further details about...

- ⇒ **LinkedIn**
- ⇒ **Action on the Job Front**
- ⇒ **Mindful Unemployment**
- ⇒ **Resumes and Cover Letters**
- ⇒ **Interviewing Skills**
- ⇒ **Transition Power Tools**
- ⇒ **Volunteer Opportunities**
- ⇒ **Application Process for State Jobs**
- ⇒ **Breaking into the High-Tech Work Force**
- ⇒ **Your "True" Identity**
- ⇒ **JobNow, Live Job Assistance**
- ⇒ **LearningExpress, Computer Tutorials and Practice Tests**

## Re-Employment Support Group

**6:30 p.m. – 7:00 p.m.**

July 19  
August 16  
August 30  
September 13  
September 27  
October 4  
October 25  
November 8  
November 22  
December 6



This is a great chance to commiserate, strategize and support one another during your job search. Following the meeting there will be a speaker at 7 p.m.

## Master LinkedIn: Take Days Off Your Job Search

**Monday, July 19, 7 p.m.**

With the changes in the job market, we can't keep doing the same things we've always done, and expect the same results. We must use all the tools we can to be successful. That's where LinkedIn is such a powerful tool.

### What you'll learn:

- ⇒ What is LinkedIn and how can it help me find a job?
- ⇒ Your LinkedIn profile – how to "punch it up"
- ⇒ Precision job searching: finding companies and people who can hire you
- ⇒ Preparing for and acing your interview
- ⇒ Will recruiters and companies find you?
- ⇒ The Top 5 things you absolutely must know
- ⇒ Success stories: how other people are using LinkedIn for their job searches
- ⇒ Your next action steps: what you can do right now



Jan Wallen is the author of *Mastering LinkedIn in 7 Days or Less*. Copies of her book will be available for sale and signing after the program.

## Stretch Don't Settle: Three Critical Points to Finding Action on the Job Front

**Monday, August 16, 7 p.m.**



What are the kinds of positions that you should be applying for that will increase the likelihood of getting an interview? Once you get the interview, what are the key points that will help you land a job offer? You'll be surprised where the action is and what recruiters are saying as we work our way through this economy and the application processes that seem to be changing by the week. This seminar is interactive. Marcia LaReau, PhD, Motivational Speaker and President of *Forward Motion*, will ask participants to briefly and openly discuss what kinds of positions they've had and what kind of job they should pursue. She will make specific suggestions for consideration. You can come and listen but the intention is to work with individuals at the seminar and identify what they might change in their job search. Bring your resume and be prepared to communicate what you would like to find for your next career opportunity.

### JobNow, Live Job Assistance



Available for Newington residents from our home page. Online chat for job hunters. Personality and career assessments, resume writing, resume analysis, live interview coaching and interview tips.

## Mindful Unemployment: Reduce Stress and Manage Unemployment with Greater Ease

**Monday, August 30, 7 p.m.**

Losing your job or living with the fear of losing your job creates stress. It brings up one of the greatest struggles we share as humans...living with uncertainty. Discover how mindfulness training can help you decrease your stress and manage unemployment with more ease. Learn how to practice a higher level of self-care and be balanced by the positive moments. Cheryl Jones-Reardon, CEO of the *Mindful Path* will be the presenter. Cheryl is the author of *Mindful Exercise* and holds a Master's degree in Exercise Science from University of Connecticut and a Certificate of Spirituality from St. Joseph College. She helps inspired individuals to adopt a healthy lifestyle and develops stress management programs for organizations.



### Resumes and Cover Letters

**Monday, September 13, 7 p.m.**

Business professional, Jeff Thierfeld will demonstrate how to develop a polished resume and cover letter, focusing directly on capturing the attention of target employers. Teams will share experiences and draft custom tailored resumes and cover letters that showcase their specific talents and proficiencies.



## Interviewing Skills Workshop

**Monday, September 27, 7 p.m.**

Business professional, Jeff Thierfeld, will be the presenter. Participants will have the opportunity to practice interview techniques and answer questions to show how you will add value to the employer. You will explore how to react to difficult questions and respond with positive answers. You will learn how to interject certain statements during the interview that send a clear message that you are the candidate to be selected for the job.



### Transition Power Tools

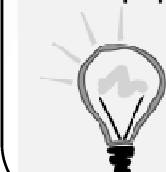
**Monday, October 4, 7 p.m.**

Join Marge Piccini, dynamic speaker and coach, as she shares practical tools and tips for reducing the financial, physical and emotional stress associated with the loss of a job or other major life transition



### Computer Tutorials and Practice Tests

LEARNINGEXPRESS



**LearningExpress**

Available for Newington residents from our home page. Includes Microsoft Office tutorials and practice tests.